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DIRECTION

Given by me

(ANTHONY DAFFY, Student in Physic.)

For taking my safe, innocent and successful

CORDIAL DRINK,

ELIXIR SALUTIS ;

Proper to the Cure of each Distemper (in the Printed Sheet of its Virtues mentioned,) and suited unto the Patients several Ages, Sexes and Constitutions.

The first general Observation.

FOR such persons as are oppressed with *Chronical Distempers* whether the *Gout, Stone, Collick, Ptiſſick, Drapſie, &c.* and have (divers Years) been tortured and bowed down under the burden of them: I ſay, for Distempers habitual to, and radicated in the Body; it cannot rationally be expected that this (by any Means under Heaven) may on a suddain effect their Cure, any more than that a small shower of rain (after a long season or Summers drought) should presently revive the parched and dying
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flowers and herbs of the field, and restore them to their lively verdure and greenness: To persons therefore infected with these Chronical Distempers, and disposed to use the means of this my Drink, I give this advice, that they take the same according to the ensuing particular Directions, and patiently wait upon the Almighty Physician of Soul and Body for his Blessing, and I doubt not, but they (as well as others have done) will find very much releif, at least by ease of their pains, if not the perfect cure of their disease; which some Aged persons have happily experienced. Moreover, let not the Patients (having taken this Drink) impatiently expect its operation or working with them, on a suddain; for experience hath found that on some Bodies it is 6 hours, on some 8, and on some 12 hours, before it works: and in most Distempers, its operation is so gentle and moderate, that the Patients may (with safety) follow their business and occasions, either at home, or abroad.

The second general Observation.

L Et the Patient afflicted with any of the Distempers, in the Book of my *Cordials* Virtues mentioned, have a due regard to the state and condition of his or her Body (if the Body be Costive as most generally persons under such distempers are,) let the first dose (if the age, and strength of nature will permit) be three Spoonfuls at the Patients going to Bed, and the like Dose at the up-rising in the Morning: But in case the Body be Laxative, then let the first dose over-night be one Spoonful, and another at the up-rising in the Morning, and so let the Dose be increased by one Spoonful each time if the Patients strength may admit, till it comes to three Spoonfuls, which (without good advise) none is to exceed. In taking the same, let the Patient use as much exercise and stirring, as strength of Body may admit. Here likewise observe, the Patient ought to avoid Melancholy, and keep a good Dyet; and it is convenient to take a mess of Broth, or something warm, an hour after the Mornings Dose, which is found more proper than Posset-Ale.

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The third general Observation.

THis Drink hath been many Years experienced so innocent and sure in it's operation, that it may be safely taken at any season of the year, for neither heat, nor cold can obstruct its beneficial operation on the Body. Moreover this Drink will retain its Virtue, though kept two years together (as divers persons have found) but I suppose it may be kept much longer. Another Virtue and innate propriety of this Drink (distinguishing it from all other Physick whatsoever) is, that at the Patients leaving off the same the Patients Body remains not Costive, but in a very good healthful temper and lightsome condition.

The GOUT.

LEt the Patient (having competent strength of Nature) take three Spoonfuls of this *Elixir* in the Morning fasting and the like Dose last at Night; the which course must be followed so long as the Patients strength of Body will bear it, and especially if the Pains be found to move from one joynt to another: I advise the Patient to be active, and use as much stirring exercise, as conveniently may be: Here note, That after four Doses, or twelve Spoonfuls taking, the Patient may (if the same be found to work five or six times in a day) intermit a day, and then return to the Drink; taking then two Spoonfuls in the Morning, one spoonful an hour before Dinner, and two Spoonfuls last at Night; but let not the Patient, finding not his expectation answered on a sudden lay aside the further use of this Choice Remedy; for although some have been Cured of this torturing malady in taking out of one half-pint Bottle of this Drink, yet some require a Pint, and others more, according as the Disease hath more or less seated and riveted it self into the Body.

The Stone or Gravel in the Kidneys.

IF the Patients pain lye most, either in the Reins or the Flank it is an Indication, whereby he or she may conclude, the Malady is the *Stone or Gravel* in the Kidneys; then the Patients age and strength of Nature admitting, let him or her take the full

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Dose

Dose, or three Spoonfuls last at Night, and first in the Morning, and presently after it use as much stirring exercise, as may be, and although Riding may at that time be burthensom, yet it would prove very profitable and advantagious; for by using extraordinary exercises and agitations of the Body, divers have been far sooner discharged of this torturing Distemper, as hath been experienced by Mr. *Crawley* (in the printed Sheet of the vertues of this Drink) who by taking but three Spoonfuls of this Drink, and riding ten Miles upon it, voided three Stones, each as big as a Horse-bean, (as he himself testifieth.)

STONE in the Bladder.

LET the Patient afflicted with the *Stone* in the Bladder, consider the bigness of it, and take the full Dose of three Spoonfuls last at Night, and the like first in the Morning, continuing the same for three days; then intermit two days, and return to it, then taking only two Spoonfuls last at Night, and the like Dose first in the Morning, which course let the Patient observe, and by the Lords Blessing the Stone will be found to wast gradually, and in conclusion, to come away; but Patience is to be exercised, for although *Thomas Hinde* voided away the Stone in nine Spoonfuls, or three Doses taking; yet that great Stone voided by the said Mr. *Crawley* was nigh 12 Months in wasting, before it could come away, and was then rendred so soft, that it crumbled away between the fingers.

Exulceration of the Kidneys.

FOR the Exulceration of the Kidneys, rendering the Patients Urine like Blood: let the Patient keep to the direction of the Second general Observation, and so first open and cleanse the Body for two days; and then for two days, Night and Morning, take one spoonful or two (according to the Measure of strength) and then intermit two days, and after, take one Spoonful at night, and one in the Morning, and one an hour before Dinner; This method in taking the same, hath by the Lords Blessing been found eminently succesful in the healing and cleansing any Exulceration of the Reins or Bladder.

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Collick and Gripping in the GUTS.

L Et the Patient (at any time of pain) take three Spoonfuls, which may ease or mitigate the pain; and if he or she be not discharged of the Pains, let him, or her, take three spoonfuls more, five hours after; but if the Patient be a costive, or a corpulent Body; let such a one take a Dose of 4 Spoonfuls during the Gripes, and (if the pain continue) four Spoonfuls more six hours after; for this Distemper is usually sadly violent, and must be followed close; yea this means (thus taken) fails not, by the blessing of Almighty God to become Master of this sad Malady. Afterwards (for cleansing the Body of the dregs of it) let the Patient lessen the Dose, according to directions of the general Observation

P T I S S I C K.

L Et the Patient weigh and consider the three general Observations, and (according to direction thereof) open and cleanse the Body, for four days; and after that, take only half a Spoonful, when the Cough is perceived coming upon him or her, and one Spoonful, an hour before Dinner; and this course (followed) will by degrees gain power over, and waste the Distemper; yea, and strengthen Nature against it; and this course may be taken even in Winter, when the Distemper is predominant and strongest upon the Patient; by which means, he or she will (by the Lords Blessing) find the Breath free, and the Cough exceedingly abated, if not taken away. But as to youthful Persons, that are not far gone in this sad Malady, a Pint of this Drink in the Spring, & as much in the Fall (taken as before directed) will (by Gods Blessing;) not fail of their perfect Cure. And unto aged People, afflicted with this Distemper, it doth so far aid Nature, and strengthen them, as in the following Winter to render their lives pleasant to them; provided always, that the Patient be moderate in drinking, and have a care to prevent taking cold, and keep a good Diet.

D R O P S I E.

IF it be predominant upon the Patient (known by the bigness of the Belly, swelling of the Limbs and Face) let the Patient take four spoonfuls first in the morning, and the like Dose last at night, for four days together, then intermit two days, and afterwards keep two or three spoonfuls at night, and the like Dose in the morning.

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S C U R V E Y.

THe *Scurvey*, known by knots in the flesh, and blew spots in the skin, let the Patients keep to the directions in the three general observations, having due regard to the strength of their bodies, and take the drink two days, intermitting two days, for the space of a month, and then take only one spoonful in the morning, and another an hour before dinner.

S U R F E I T S.

LEt the Patient take the ordinary Dose of 3 Spoonfuls at night and three in the morning, for six times without intermission; and there is no doubt but (by the Lords Blessing) the same will be found succesful to his or her Relief and Cure, though the height of the distemper had brought the Patient very low, and nigh the gates of death: And I would advise others, and particularly such as are apt to drink much Wine (bad and sophisticated Wines being very frequent and fatal in this City and elsewhere) that they do upon the least illness and indisposition of Body, apply themselves unto this choise Remedy, either the same night, or the next morning, or both; for this Drink is experienced a choise Antidote for preventing of *Surfeits* (insensibly stealing upon men) and expelling out of the Body that malignant Matter, which is the occasion and rise thereof.

P E S T I L E N C E.

LEt the Patient, when first smitten with his Visitation or with Illness, accompanied with any symptom of the Distemper (regard being had to the direction of the three general Observations) take three spoonfuls, or less, of this Drink (according to the Patients strength or weakness of Body) and so proceed as occasion shall require; and I question not, but (through mercy) the same will be found an effectual means, as well for overcoming the Distemper, as for strengthening Nature, and restoring Health (unless the Patients Visitation be the Messenger of Death) which Benefit has been happily experienced, and will be attested by divers persons in my own and other Families, which stayed in the City in the time of the last great Visitation, and were Visited, and yet through God's goodness do still remain in the Land of the Living.

Fits of the Mother, and Vapours from the Spleen.

L Et the Patient (having regard to the direction of the general Observations) begin with one, or with two Spoonfuls of this Drink, and so continue or raise the Dose, according to what the Patients strength may admit, remembring that the greatest Dose prescribed is not to exceed three Spoonfuls, and let the proper Dose be taken at any time whatsoever, when the *Fitt* is found to be coming upon him or her.

When Women, either by reason of taking Cold, or any other accident, find an Obstruction of their Courses, though it be in Child-bed, give them three spoonfuls of this drink, at any time (either of night or day,) and through Gods Blessing, they will find all in good order again; of which excellent virtue in this Drink, divers Women, and my own Wife (when in Child-bed) have found comfortable experiences, and will attest the same to others.

GREEN-SICKNESS.

L Et the Patient duly observe the direction of the three general Observations, using as much stirring Exercise, as strength will permit; and in four days time, she will, by the Blessing of God, find her Distemper diminish, and in taking of an half pint Bottle, the Cheeks and Lips will return to their former Rose-colour.

CHILDRENS Distempers.

FOR CHILDRENS DISTEMPERS, whether the Worms, Rickets, the Stone, Convulsions, Gripes, Kings-Evil, Joynt Evil, or any Distemper proceeding from Wind or Crudities, engendred by means of undigested Matter (the effect of their cold and weak Stomachs,) which is the grand and original cause of these their distempers: The way of administering this drink must be in this manner; to a Babe of a month-old, give (in time of its affliction) half a Child's Spoonful thereof, mixed with double the quantity of small Ale, not exceeding this Dose, nor oftner than once in 12 hour time. To a Babe of half a year old, let the Dose be half a middling spoonful of the Drink, with double the quantity of small Ale. To one of a year old, one spoonful, with the like quantity of small Ale. To a Child of four years one spoonful of the Drink alone. To one of seven years old, two spoonfuls; and to one of 12 years old, two spoonfuls and an half, in any of these



these Distempers, not exceeding one Dose in 12 hours, except only in the Gripes, and then, one Dose every five hours; where observe, that in most of these Distempers, it hath pleased God so to bless this *means*, that two Doses have been found successful to Babes and Children: Here note, that the strength of the Child, and of its Distemper, will be a more sure Guide for proportioning a proper Dose, than the Child's Age.

The Stone in Babes and Children.

And if the Distemper be the *Stone* observe the same directions in administering this Drink to Babes and Children, of all Ages, as is above prescribed for those under other Distempers; except only that Distemper of the *Gripes*; and this Drink gradually wasts the *Stone*, and turns Stones to Gravel, bringing them away as soft as Meal, and brings away Worms, as skins; it also brings away a slimy substance, some black, some green (the cause of these Distempers,) which manifold experience hath fully confirmed.

Convulsion-Fits.

Moreover it hath also been experienced that unto a Child of seven years old (afflicted with the *Gripes* or *Convulsion-Fits* in extremity) there hath been found necessary the same Dose, as for a Man, being three Spoonfuls, and five hours after, the like Dose.

Consumptions, bad Digestions.

Let Consumptive Persons, of either Sex, take one Spoonful of this Drink an hour before Dinner, and another such Dose, an hour after Dinner; for many weak Consumptive Persons have (through the Lords Blessing) experienced the same very successful in strengthening weak Nature, converting their food into good nourishment, and instrumental in restoring their strength.

Agues.

Let the Patient (an hour before the expected time of the Fit) take three Spoonfuls, being at what time soever; and two Spoonful, six hours after: (which done,) let the Patient observe the *Directions* of the second general *Observation*.

Piles.

Let the person afflicted, diligently follow the *Direction* in the second general *Observation*, it having been lately found to be successful.

F I N I S.



